

# ACTIVITIES AND RESOURCES FOR FAMILY RESILIENCE

Begun in response to the stay-at-home order initiated in March, this compilation of resources will be published bi-weekly to support youth and families for the duration of this pandemic. Family and Youth Coordinators for The Ohio National Guard Family Readiness will bring you a collection of ideas to help keep everyone engaged and growing during these challenging times. Our goal is that out of the suggestions shared, your family will find activities that will work best for you and the age of your children. Please remember that what works for one family may not be ideal for each family's situation - and that is perfectly fine.

The Ohio National Guard Family Readiness & Warrior Support is committed to supporting you and your family. We will send ideas and resources that should be easy for parents to use at home. Wherever possible, we have included an online reference so that you can readily find the instructions and list of needed supplies.

**Resources included in Edition 25:**

- Holiday Activities (pages 2, 3)
- Holiday Movies (pages 3, 4)
- Diverse Holiday Books (pages 4, 5)

- Snow Games and Activities (page 6)
- Tackling Tough Times (page 6)
- The 4-H Hub (page 7)





# HOLIDAY ACTIVITIES

The holidays can be an expensive time of the year, but there are a few holiday traditions you can start with your kids that cost nothing (or virtually next to nothing). If you have some spare paper and some spare time, these are free ways to make holiday memories and keep kids entertained.

**Create A Memory Book:** Begin with a blank notebook and have your kids share some of their favorite memories from holidays past. Add to the list with memories made from the holidays this year. Get creative and insert photos, favorite holiday movie lists, memorable gifts that were given or received...etc. With each passing year, you'll have a treasure trove of memories to pass on for generations to come!



**DIY Wrapping Paper for Friends & Family:** If you have access to butcher paper, you can easily make your own wrapping paper. You can also get creative by cutting up old sheets and letting the kids play with food coloring for fabric wrapping. Old newspaper can be colored or embellished with stickers, construction paper, and even stamps.

**Make a Paper Chain Countdown:** You only need paper, scissors, and tape or a stapler for this. Cut long, narrow strips of paper of matching size. Create one loop and tape or staple it shut. Make the next loop in the first loop, creating a chain. Continue until the chain is the desired length — each loop represents a day to the holiday you're counting down to. Then, before bed each night, your child gets to tear off a loop as the excitement builds!

**Volunteer:** Covid-19 restrictions may limit your opportunities, and not all volunteer opportunities are kid-friendly, but looking in to local shelters, food banks, and community organizations is a great way to give back during the holidays. While you explore volunteer opportunities, have your kids sort through toys and clothes they can donate. If possible, take your kids with you when you go to drop off the donations so they can see where their once-loved, lightly-used possessions are going.

**Institute Tree Time:** Families are often on the go, so it is important to take some time to unwind and recharge the family batteries. Spend some time around the tree as a family singing carols, reading holiday books, making holiday crafts, or just enjoying each other's company.

**Get a Library Haul:** Holiday books are fun, but only get pulled out once a year. If your collection is light, your public library is an excellent resource. Most libraries will have a robust selection of Christmas as well as Hanukkah and Kwanzaa books. In addition to picture books, you can also go to nonfiction to find stories of how kids around the world celebrate those holidays, as well as craft and recipe books.

**Open One Present Early:** Presents, of course, cost money. Deciding to let your kids open just one present you already have early? That costs nothing extra. It's a fun preview of the excitement that's to come and can tide over eager kids until Christmas morning. If you have older kids, consider creating a "coupon" for one present peek or one early open and give it to them earlier in December. They then get to decide when — if at all — they use it.





**Track Santa:** The North American Aerospace Defense Command (NORAD) and its predecessor, the Continental Air Defense Command, have been tracking Santa since 1955. While it makes sense for an organization that watches the skies to take on this holiday duty, it actually started as an accident. A Sears & Roebuck in Colorado listed a number for kids to call Santa, but a misprint put them through to the Air Defense Command. Now, they can check it via NORAD's dedicated website. Kids can start checking the tracker on Christmas Eve to see the sleigh's progress across the night skies.

**Go Skating:** This is especially fun for kids who might be in a warmer climate where the holidays don't equal snow. You can create an indoor winter wonderland, however, for next to nothing: If you have hardwood floors, push back furniture and rugs and let kids "skate" in their socks while carols play. There are other ways to create a white Christmas feel in spite of outdoor conditions: let kids "sled" down stairs (with lots of supervision and care!) or set up "snowball fights" with balled-up socks. Even white sheets and a few pushed-together chairs can create a "snow" fort for a few hours.

## HOLIDAY MOVIES



Parents.com and Rotten Tomatoes joined forces to identify the top 10 holiday movies of all time. Did your favorites make the list? Do you agree with the movies that were chosen? Regardless what your preference is, there are holiday movies for kids (and adults) of all ages. Perhaps this year, you and your family could spend some time discovering new holiday films, as well as classics. In the meantime, check out some of the movies on the list below.

### **A Christmas Story (1983)**

We triple-dog dare you not to like this film, which features a boy who desperately wants a BB gun for Christmas. Because the story is told through a series of vignettes, it's easy to break up over a couple of nights for younger kids.

### **Arthur Christmas (2011)**

This animated movie, about the overlooked member of the Claus family, combines silly kid humor with adult appeal.

### **Elf (2003)**

Pull this elf down from the shelf. Will Ferrell gives one of his funniest performances ever in this film about a human child who was raised at the North Pole as one of Santa's helpers.

### **It's a Wonderful Life (1946)**

In this classic, an angel helps a man see what life would be like if he didn't exist. It's deep (and perhaps a little troubling) for young kids, but a great lesson for tweens about how every person's life affects the lives of people around him.

### **Miracle on 34th Street (1947)**

The black-and-white original, in which a man goes to court to prove he's the real Santa, is the ultimate feel-good family flick. Show it to kids if they start to question whether Santa is real.





### **The Muppet Christmas Carol (1992)**

With a storyline faithful to the Dickens classic, this Disney movie adds sweeping musical numbers, familiar puppets (Kermit the Frog, for instance, plays Bob Cratchit), and wacky gags to make it more entertaining for kids.



### **The Nightmare Before Christmas (1993)**

Halloween meets Christmas in this animated musical mash-up from producer Tim Burton. Despite the title, the movie isn't all that scary for kids ages 7 and up.



### **Prancer (1989)**

When a 9-year-old girl discovers what she believes is an injured Prancer in the forest, she nurses him back to health and tries to get a message to Santa in time for Christmas.



### **The Santa Clause (1994)**

What if Dad became Santa? That's the clever concept of this film about a divorced father (Tim Allen) who takes over after the Big Guy falls off the roof.



### **White Christmas (1954)**

This classic Bing Crosby musical contains not only the well-known title song but also several other familiar tunes including "Count Your Blessings Instead of Sheep."



## **DIVERSE HOLIDAY BOOKS**



Christmas, Hanukkah, Kwanzaa, and Thanksgiving aren't just holidays for giving gifts, eating good food and catching up with friends and family. They're also important cultural events with a rich history that kids — and even some adults — could learn more about.



If you're trying to raise a well-rounded kids, who are compassionate toward others and curious about the world around them, take a look at these 10 books from [Huffpost.com](https://www.huffpost.com) that illustrate the rich traditions behind this season's biggest holidays.



### **Queen of the Hanukkah Dosas by Pamela Ehrenberg**

This picture book is about a multicultural family that celebrates Hanukkah with an Indian twist.



### **Duck for Turkey Day by Jacqueline Jules**

This is the story of Tuyet and how her Vietnamese American family has duck for Thanksgiving dinner instead of turkey.



### **The Nutcracker in Harlem by T.E. McMorrow**

This original retelling is a jazz-inspired reinvention of "The Nutcracker" set in New York City during the height of the Harlem Renaissance. Thanks to her adventures with a magical toy, one girl finds her voice as a musician.



### **Silent Night by Lara Hawthorne**

This beautifully illustrated classic book is fun way to rediscover the Nativity story with your little ones this holiday season.





**Potatoes at Turtle Rock by Susan Schnur and Anna Schnur-Fishman**

Narrator Annie leads her family on a nighttime hike around their farm to celebrate the first night of Hanukkah. Annie uses riddles (and potatoes) to talk about old traditions and make new ones.

**We Are Grateful: Otsaliheliga by Traci Sorell**

This story is about modern Native American life as told by a citizen of the Cherokee Nation. The word otsaliheliga (oh-jah-LEE-hay-lee-gah) is an expression of gratitude used by the Cherokee Nation.

**Three Wise Women by Mary Hoffman**

This feminist adaptation of the Nativity story envisions three wise women following a bright star to find a special newborn baby in a stable.

**Li'l Rabbit's Kwanzaa by Donna L. Washington**

Li'l Rabbit is not having a very good Kwanzaa because Granna Rabbit is sick. Follow Li'l Rabbit as he searches for a gift for Granna with a little help from his family and friends, in the true spirit of Kwanzaa.

**Seven Spools of Thread: A Kwanzaa Story by Angela Shelf Medearis**

When their father dies, seven brothers who are usually fighting must come together to make gold out of seven spools of thread.

**The People Shall Continue by Simon J Ortiz**

This powerful story recounts the history of the Native peoples of North America from the beginning to the eventual usurpation of their Native lands.

**Every Month Is a New Year by Marilyn Singer and Susan L. Roth**

The New Year doesn't always start on January 1 for everyone. This book teaches kids how people around the world celebrate the New Year, from the Chinese New Year in January or February, to Iranian's observance of Nowruz in March.



*Happy Holidays!*



# SNOW GAMES AND ACTIVITIES

As the temperature outside begins to drop, many of our thoughts instantly shift towards one notion...snow is on the way! In the winter, it is often tempting to stay snuggled up indoors. But, staying inside all day brings down your energy and can leave you feeling restless.

[Care.com](https://www.care.com) has identified 101 snow games and activities (other than building snowmen and sledding) to get kids out of the house and into the snow. These games and activities are a great way to encourage the development of gross motor skills and coordination. These games are guaranteed to keep you and the kids boredom-free as winter approaches.

<https://www.care.com/c/stories/3931/101-snow-games-and-activities-for-kids/>



## TACKLING TOUGH TIMES

Families Tackling Tough Times Together is an initiative of Purdue University's College of Health and Human Sciences (HHS). This program supports families as they deal with the COVID-19 pandemic. Guided by scientific evidence about family resilience, the "pop-up" program is being developed by HHS along with contributing partners from Purdue and beyond, with the aim of helping families strengthen their resilience while they cope with the crisis.

All materials are carefully vetted and include engaging and fun activities that fit easily into daily life. Families with children, youth, young adults and older adults will find materials tailored for them. Additional features include podcasts with experts, live events and community engagement activities. All are welcome; especially military families.

The Families Tackling Tough Times Facebook group provides a positive space for families who are working to meet the needs of children, extended family members, jobs, education and other challenges during the virus crisis: <https://www.facebook.com/HHSFamiliesTogether>



# THE 4-H HUB

Ohio Military Kids is pleased to offer a selection of 4-H Project Books to families of Ohio service members at no charge! These project books are excellent educational resources for children of a variety of ages (5-19) to explore new topics, deepen their interest in a particular subject, or as a supplement to a hobby that they enjoy! Through your family's interaction with 4-H project books, you may discover an opportunity to further your involvement in Ohio's 4-H Program through a local club or through year-round experiences. For more information about Ohio 4-H, visit: [www.ohio4h.org/home](http://www.ohio4h.org/home)

4-H Project Books are peer-reviewed by youth development educators and utilized nationally! Ohio 4-H Project Central hosts a vast library of titles that can be purchased, and a selection of these titles are offered to you at no charge. Through **NOVEMBER 30** you may place an order for up to ten copies of any selection of the books listed. The project book titles being offered in this order form include:

- **Get Started in Art**
- **Horseless Horse**
- **It's My Home**
- **Laundry Project**
- **Let's Start Cooking**
- **Not Just Knots**
- **Science Fun with Kitchen Chemistry**

**Deadline is  
November 30**

## How to order:

To put in your order for these **FREE** resources that will be shipped to your home, please visit this link: [go.osu.edu/omkbookorder2](http://go.osu.edu/omkbookorder2) If you have any questions, please contact Kayla Oberstadt, 4-H Program Manager for Ohio Military Kids at [Oberstadt.1@osu.edu](mailto:Oberstadt.1@osu.edu).

